

MARCH ACTIVITIES

At the Lemon Grove Senior Center

8235 Mt. Vernon St., Lemon Grove 91945 - Ph: 619-337-1425

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|--|
| 2 8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch 12:00 Bingo | 3 8:30 Aerobics 10:15 Hatha Yoga 11:15 Lunch | 4 8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch | 5 8:30 Aerobics 10:15 Hatha Yoga 11:30 Lunch | 6 11:30 Lunch 12:00 Bingo Daylight Savings Time Begins on Sunday 3/8 |
| 9 8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch 12:00 Bingo | 10 8:30 Aerobics 10:15 Hatha Yoga 11:15 Lunch No Movie this Month | 11 8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch | 12 8:30 Aerobics 10:15 Hatha Yoga 11:30 Lunch | 13 11:45 Lunch 12:15 Bingo |
| 16 8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch 12:00 Bingo | 17 8:30 Aerobics 10:15 Hatha Yoga 11:30 Lunch <i>St. Patrick's Day</i> | 18 8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch | 19 8:30 Aerobics 10:15 Hatha Yoga 11:30 Lunch | 20 10:15 Celebrate March Birthdays w/ Music by <i>"Sophisticats"</i> 11:30 Lunch 12:00 Bingo |
| 23 8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch 12:00 Bingo | 24 8:30 Aerobics 10:15 Hatha Yoga 11:30 Lunch | 25 8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch | 26 8:30 Aerobics 10:15 Hatha Yoga 11:30 Lunch | 27 11:30 Lunch 12:00 Bingo |
| 30 8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch 12:00 Bingo | 31 Cesar Chavez Day HOLIDAY East County Sites CLOSED for the Holiday | | <u>Feeling Fit Classes</u> Mon. & Wed. 8:30am – 9:45am 9:45am – 11:00am Classes are FREE for seniors FOR EXERCISE CLASSES: Sign up with the teacher for each class | <u>Hatha Yoga Classes</u> are all \$ 3.00 per class in 4-week sessions. <u>Aerobic Fitness</u> <u>Class</u> \$ 40.00 Fee per Semester |